



Groepsles-, Fitness- en RPMrooster 2018

| Dag | Tijd | FunXtion | Groepsleszaal | Spinningzaal | Fitnesszaal |
|------------------|---------------|--------------------|---------------|----------------------------|------------------------------|
| Maandag | 9.00 - 9.30 | | Pump 30 | | Vrije training 8.00 - 11.00 |
| | 9.30 - 10.00 | | | Spinning 30 | Circuit 50+* 10.00 - 10.50 |
| | 10.10 - 11.00 | | | Spinning 50+ en Move it | |
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| | 19.00 - 19.45 | | SPORT® | | Vrije training 15.30 - 21.30 |
| | 19.30 - 20.15 | | | Spinning | |
| | 20.15 - 20.45 | Move it | | | |
| | 20.00 - 20.45 | | SH'Bam® | | |
| Dinsdag | 9.00 - 9.45 | | ToneVitaal® | | Vrije training 8.30 - 11.00 |
| | 10.00 - 10.30 | Move it | | | |
| | | | | | |
| | 19.00 - 19.30 | Move it | | | Vrije training 14.30 - 21.30 |
| | 19.00 - 19.45 | | Tone® | | |
| | 19.45 - 20.15 | | Pump 30 | | |
| | 20.15 - 20.45 | | | Spinning 30 | |
| | 20.15 - 21.00 | | Pilates® | | |
| Woensdag | 09.00 - 9.50 | | | Spinning 50+ en oefeningen | Vrije training 8.30 - 11.30 |
| | 10.00 - 10.45 | | Tone® | | Cardio 50+* 9.00 - 9.50 |
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| | 19.00 - 19.15 | Buikspier training | | | Vrije training 15.30 - 21.30 |
| | 19.00 - 19.45 | | Tone® | | |
| | 19.30 - 20.15 | | | Spinning | |
| | 20.00 - 20.45 | | SH'Bam® | | |
| | 20.15 - 20.45 | Move it | | | |
| Donderdag | 19.00 - 19.45 | | Pilates® | | Vrije training 16.30 - 21.30 |
| | 19.00 - 19.30 | Move it | | | |
| | 19.45 - 20.15 | | Pump 30 | | |
| | 20.15 - 21.00 | SPORT® | | | |
| | 20.15 - 20.45 | | | Spinning 30 | |
| | | | | | |
| Vrijdag | 9.00 - 9.30 | Move it | | | Vrije training 8.00 - 11.00 |
| | 9.45 - 10.30 | | Pilates® | | |
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| | | | | | Vrije training 14.30 - 21.00 |
| | 19.15 - 20.00 | | | Spinning | Circuit 50+* 18.00 - 19.00 |
| | 20.00 - 20.30 | Move it | | | |
| Zaterdag | 9.45 - 10.15 | Move it | | | Vrije training 9.00 - 11.30 |

*Op maandag van 10.00 - 11.00 uur, woensdag van 9 - 10 uur en vrijdag van 18.00 - 19.00 uur zijn er circuittrainingen 50+. Er kan dan beperkt gebruik van de apparatuur gemaakt worden door diegenen die dan vrije training doen.